

## NEWS RELEASE

For Immediate Release:  
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### **Governor Hoeven Proclaims 5 + 5 Month in North Dakota** ***North Dakotans Encouraged To Count on Fruits and Vegetables To Improve Health***

BISMARCK, N.D. – Governor John Hoeven has proclaimed September as *5 + 5 Month* in North Dakota to highlight the importance of eating at least five fruits and vegetables daily and of being physically active for 30 minutes five days a week.

“It’s the perfect time of year for the whole family to improve their health by including more fruits and vegetables as part of a healthy eating plan,” said First Lady Mikey Hoeven, *Healthy North Dakota* spokesperson. “Eating healthy foods is just one way we can help build a *Healthy North Dakota*.”

Seventeen North Dakota communities have been designated as *5 + 5 Communities* as a result of their plans to raise awareness, build skills and improve their communities’ nutrition and physical activity environment. The *5 + 5 Communities* Program is promoted by the North Dakota Department of Health and the NDSU Extension Service.

In proclaiming September 2005 as *5 + 5 Month* in North Dakota, Governor Hoeven encouraged all citizens to follow the example of the recognized *5 + 5 Communities*, who are leading the way to a *Healthy North Dakota* with activities like working with the more than 30 recognized Farmers’ Market organizations in our state and working with schools to promote school gardens and greenhouses for the health and education benefits that result from these activities.

For more information, visit [www.health.state.nd.us/5plus5/](http://www.health.state.nd.us/5plus5/) or [www.5aday.gov](http://www.5aday.gov) or call Karen Ehrens, LRD, Cardiovascular Health Program consultant, at 701.223.2616 or Melissa Olson, *Healthy North Dakota* director, at 701.328.4908.

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PROCLAMATION  
**5 + 5 Month**  
SEPTEMBER 2006

**WHEREAS**, eating five to nine servings of fruits and vegetables each day leads to better health and may reduce the risk of chronic diseases such as cancer, diabetes, heart disease and stroke, while helping to manage body weight; and

**WHEREAS**, regular physical activity five days a week for 30 minutes a day improves health, reduces the risk of developing diabetes and high blood pressure, helps maintain weight and promotes psychological well-being; and

**WHEREAS**, seventeen communities across the state are being recognized as *5 + 5 Communities* by implementing plans to improve the health of their citizens through nutrition and physical activity programs; and

**WHEREAS**, North Dakotans are encouraged to follow the example of the recognized *5 + 5 Communities* that are leading the way to a Healthy North Dakota by promoting physical activity and healthy diets rich in fruits and vegetables.

**NOW, THEREFORE**, as Governor of the State of North Dakota, I do hereby proclaim September 2006, **5+5 Month** in the state of North Dakota.

John Hoeven  
Governor

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